

6. STAYING HEALTHY



Grade: 5

Unit:6

Lesson:6

Miss. Alaa Farrag

Vocabulary:

2  Listen, point and repeat.

I've got



a cold



a headache



a sore throat



a stomachache



a high temperature



a toothache



a runny nose



an earache



a cough



a rash

I feel



dizzy



sick

1



Listen, point and repeat.

1



صحي healthy

2



صحي unhealthy

3



لائق بدنيا fit

4



غير لائق بدنيا unfit

5



يعمل تمارين do exercise

6



يرتاح relax

7



متوازن eat a balanced diet

8



وجبات سريعة eat junk food

3



Watch or listen and repeat.

I'm running to be fit and healthy.

He went to the supermarket to buy fruit.

4



Combine the sentences.

1 I'm going for a walk twice a day. I need to be fit and healthy.

I'm going for a walk twice a day to be fit and healthy.

2 I went to the sports shop. I needed to buy some trainers.

I went to the sports shop to buy some trainers.

3 I'm going to eat less junk food. I need to eat a balanced diet.

I'm going to eat less junk food to eat a balanced diet.

4 I went to the greengrocer's. I needed to buy some vegetables.

I went to the greengrocer's to buy some vegetables.

2 Look and complete.

cold high temperature toothache earache dizzy runny nose
cough stomachache sick sore throat headache rash



cold



rash



sore throat



toothache



earache



stomachache



headache



cough



runny

nose



high

temperature



sick



dizzy

I'm learning

I'm learning

Use your own body to learn illnesses. Say the illnesses and point at your body parts. You will remember the words better.

3



What's the matter? Look at Activity 2 and write.

- 1 It's difficult to talk and I'm coughing all the time. I've got a sore throat.
- 2 My skin is getting red. I've got a rash.
- 3 I must sit down or I will fall! I feel dizzy.
- 4 I can't hear you very well. It's very sore. I've got an earache.
- 5 I feel really hot. I've got a high temperature.

20

twenty

1 After you read Look, read and order.

A high temperature

Excuse me! 3

Are you OK, Sami? 1

Do you feel dizzy now? 2

Thank you, Dr Asma! 4

2 Circle the correct answer.

- 1 You shouldn't play football basketball because you're feeling sick dizzy.
- 2 I don't want to be ill play at the sports centre because I'm going to the stadium shopping mall to watch the big football match this Thursday weekend.
- 3 Sami! You've got a high temperature cough. You should be at home in hospital.
- 4 You will feel better tired. You should get some rest have a bath and drink plenty of orange juice water.

- 3
- 1 Sami is at the doctor's with his dad, Lottie and Bo.
 - 2 Sami hasn't got a runny nose, but he's got a cough.
 - 3 Sami puts the thermometer under his arm.
 - 4 Dr Asma is Sami's doctor.
 - 5 Sami's real temperature is about 42°C.

False

True

False

True

False

4 Correct the false sentences in Activity 3.

Sami is at the doctor's with his mum and Bo.

3 Bo puts the thermometer under Sami's tongue.

5 Sami's real temperature is 37.5°C.

5



Values

Read and tick (✓). How should you help others when they're feeling ill at school?

1 I should tell a teacher.

☒

2 I should ignore them.

☐

3 I should be nice to them.

☒

4 I should play games with them.

☐

5 I should listen to them.

☒

6 I should stay calm.

☒

twenty-one

21

- 1 Doctor:** Good morning, Khalid. What's the matter?
Khalid: I've got a terrible toothache. What should I do?
Doctor: OK, let me see. You should take some medicine for a couple of days. You shouldn't eat hard food because it will hurt more.
- 2 Doctor:** Good morning, Hazim. What's the matter?
Hazim: I feel dizzy. What should I do?
Doctor: Well ... first of all, you should rest. You shouldn't ride your bike. It can be dangerous.
- 3 Doctor:** Good afternoon, Rasha. What's the matter?
Rasha: I've got a sore throat. Should I drink something warm?
Doctor: Let me see. Yes ... you should drink a warm cup of tea every two hours, and you shouldn't eat crisps or other dry foods because it's bad for your throat.
- 4 Doctor:** Good afternoon, Maryam. What's the matter?
Maryam: I've got a stomachache. What should I do?
Doctor: A stomachache? OK ... you should drink lots of water. It will help. But you shouldn't drink milk because it's not good for your stomach.

1 Listen and match.

Grammar reference, page 30

1 Khalid 2 Hazim 3 Rasha 4 Maryam

a b c d

should rest drink warm tea take some medicine drink lots of water

shouldn't drink milk eat hard food ride a bike eat crisps

2 Look at Activity 1 and answer the questions.

- 1 What should Khalid do? He should take some medicine.
- 2 Should Hazim do some sport? No, he shouldn't.
- 3 What should Hazim do? He should rest.
- 4 Should Rasha drink something warm? Yes, she should.
- 5 What shouldn't Rasha do? She shouldn't eat crisps.
- 6 What should Maryam do? She should drink lots of water.

3 Look at Activity 1 again. Choose two people and write what else they should and shouldn't do. In pairs, discuss your ideas.

- 1 Hazim should sit down.
- 2 Hazim shouldn't play football.
- 3 Rasha should rest.
- 4 Rasha shouldn't eat fried food.

1 Find and circle the words. Then write.

A	P	J	U	N	K	F	O	O	D	P	L
E	A	D	A	Y	F	I	T	K	E	E	P
S	T	H	E	X	E	R	C	I	S	E	E
D	H	E	A	L	T	H	Y	O	C	T	O
B	A	L	A	N	C	E	D	D	I	E	T
R	A	W	U	N	H	E	A	L	T	H	Y
A	U	N	F	I	T	Y	R	E	L	A	X



healthy



relax



fit



unhealthy



eat junk food



unfit



do exercise



eat a balanced diet

2 Look at Activity 1. Healthy and unhealthy make a pair. Can you find three more pairs?

1 fit
unfit

2 junk food
balanced diet

3 do exercise
relax

3 Complete the sentences.

get ~~have~~ feel buy

- 1 He's eating more fruit to have a healthy diet.
- 2 You're doing exercise to feel healthier.
- 3 I think I'll go to the fishmonger's to buy some squid.
- 4 The children went for a walk to get some fresh air.

4 Think and complete the sentences for you.

- 1 I go to school to learn English. learn
- 2 I would like to go to the wildlife park to see animals.
- 3 I learn English to get a good job.
- 4 I don't eat junk food to feel healthy.



What's for lunch?



Where do you have lunch? In many schools around the world, children have a healthy lunch at school. But what they eat is different in each country.

In South Korea, most schools have a kitchen so they can cook lunches for the children. Lunches are often rice with tofu, meat or fish, vegetables and fish soup. They do not eat food with a lot of fat or sugar. That's very healthy.

سكر دهون



fish soup in South Korea

In France, children have a school lunch from when they start school aged three! Schools teach the children all about how to eat healthy food. They have four courses: a salad; then meat, beans, carrots and fruit; cheese and bread; and finally a dessert, which is usually fruit. That sounds good, too! And what do they drink? Water, because this is the healthiest drink.



school lunch in France

Fun fact


Did you know that the first sandwich was made in 1762 when the Earl of Sandwich asked for some meat inside two pieces of bread?




lunch in the classroom in Japan

While most countries serve food to children in a dining room, in Japan they have school lunch in the classroom. The school lunches are not expensive, but they are always very healthy. For example, they can have meat, tofu or fish with vegetables and rice, as well as fruit. The children clean the classrooms when they finish. What good children!

1 **Before you read** What do you usually have for lunch?

2  Listen and read.

3  In pairs, ask and answer.

Which country's school lunch would you like to eat? Why?

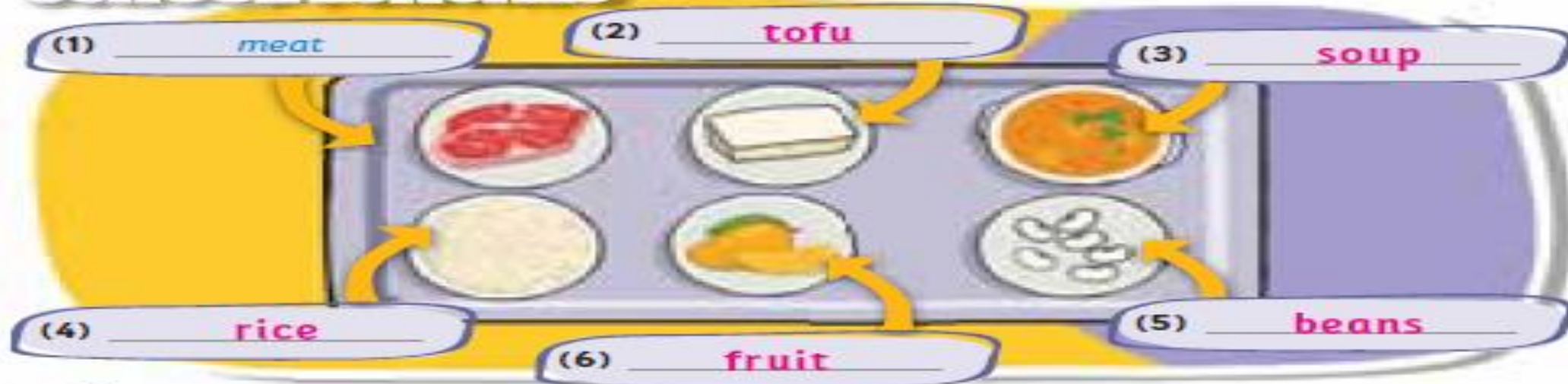
Which country's school lunch do you think is the healthiest?

 Find out more! Watch the video.

1 After you read Look and write.

beans fruit meat rice soup tofu

SCHOOL LUNCHES



2 Look at the school lunch above. What's the dessert? fruit

3 Answer the questions.

1 Which two countries have rice for lunch?

South Korea and Japan.

2 Where are school lunches not expensive?

Japan

3 How many courses do they have in French schools?

There are four courses in French schools.

4 Where can you eat lunch in Japan?

in the classroom

5 What do Japanese children do when they finish lunch?

They clean the classrooms.

6 Which country often has tofu and soup for lunch?

South Korea

An abstract geometric design on the left side of the slide. It features a dark blue background with various geometric shapes and patterns. A white circle is positioned near the top left. Below it, a light blue semi-circle is visible. To the right of the semi-circle, there is a pink triangle with diagonal lines. Further down, there is a pink square with a pattern of concentric lines. At the bottom, there is a pink triangle with a pattern of concentric lines. The overall design is modern and minimalist.

THANK YOU